The Poore Mans Reliefe.

HAving ſent abroad a Paper, ſignifying, That I deſire the Poor as well as the Rich might have the benefit of that Talent which God had given me: which was the ſcope of that Meſſage to the Pariſhes of this County binding my ſelfe by Publique Engagement, to acquit the ſincerity of my propoſall herein, by regiſtring all the undertakings which providence in this nature ſhould ſend unto me. I found preſently thoſe different effects this generall preſcript wrought upon mens humors, many approving it, by atteſtation of ſubſcription: Others approving the thing, but doubting of the probability of having it effected. For removing of improbabilities (as well as I am able) is the ſumme of this Relation.

In a publique worke all the Inſtruments muſt be anſwerable to their parts, or otherwiſe the deſigne will faile in the doing.

1. *The Abillity, Honeſty, and Faithfulneſſe of the Phyſition.*
2. *The liberall and willing Contribution of the Benefactors.*
3. *The Care and Diligence of the Chyrurgeon and Apothecary.*

} Theſe are the parts, if any of them fayle, the worke is impayred.

1. To the firſt, *I ſhall acquaint you with the Objections of mine owne Heart; when I diſcovered, that Providence did require I ſhould put forward the motion for ſupply of the Poore, and ſetling (if it were poſſible) an honourable Maintenance*

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for Physitians. The first Objection was, That I could not speak herein, but 'twould savour of Selfe-love, and Covetousnesse, which I had most cause to abhorre of any thing. This was removed, by freely acquainting a Christian Magistrate, how God had dealt with me in cure of this Gangreen, which corrupts the welfare of common good. The next Objection, was the sad reflection of my distemper and weaknesse of bodily and Spirituall strength, that 'twas not probable I should mannage such publique affaires answerable to my promise and expectation of the County. To this, I thus concluded, That having learned by experience, how much discouragement had wrong'd the free mercy of God, who delights to make his power known by effecting great works with most despicable and improbable Agents, I durst not give way to such thoughts, but to prosecute it so far, as I found his assistance therein: And if it please him to inable me so long, as that I may moddell this undertaking in such a method, that an other may as well execute it as my selfe; when so much is done, then shall my Conscience in discharge of my duty, be at quiet. Wherefore I declare, That this proposall is presented upon no other resolution then this, namely, if God please to continue my life and understanding but one Yeare or two, I hope, through his blessing, to acquit mens expectations of the good that will acrew by it; and to let them see, by Publishing my prescripts, and annexing the observations, what effect they have had over mens infirmities and bodily distempers, and rating every such Prescript as equally to their cost of making, as may be: That then I desire to cease and execute it no further, having worke enough at home. But onely to recommend your charitable Contributions to Dr. Edward VVilson, *and Mr.* VVilliam Tonstall, *to whom God hath given gifts of minde, and health of body proportionable for so great a worke.*

2. To the second, *'Tis in your hands to looke to it, you may finde some motives following, that will let you see (besides what*

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that your own Conſciences will dictate when you are upon your ſicke Bedds, and feel the comfort or want of Phyſitians help) That tis Gods will, You love your Neighbour as your ſelves.

3. To the third, *For the care and diligence of the Chyrurgeon, by nominating the man we ſhall imploy (his demeanor hath been ſuch already) that* I *hope tis enough to ſatisfie you herein, Mr.* Thomas Cooper *the younger.*

For the care of the other, I *ſhall undertake for them, ſo long as* I *meddle in this buſineſſe; And then, experience of their accompts will confirme your approbation of them.*

Theſe things premiſed, you may ſee likelihood enough for a conſtant ſettlement of your Charity: and that the work is diſtributed amongſt five perſons, two Phyſitians to give advice, the other three to attend and adminiſter it, which they may mutually proſecute without diſtinction of Surgery, or ſervant Apothecary; for as our Surgeon with aſſiſtant advice, may knowingly and ſafely give ſuch Phyſicke as we ſhall direct; ſo the other two, having ſeen the experience of our practice, may be uſefull to help (following the direction of the Surgeon and Phyſitian) the poor people in any bodily infirmity.

This, I hope, may ſerve to aſſure you, That (if plentifull contribution be not wanting) there is probable means enough to doe the Country, both poor and rich, much good. And that you may know how little my hand is in this deſigne, I ſhall relate to you, how I neither begun, nor proſecuted it otherwiſe, then providence directed, my Conſcience urging me thereunto.

It was my occaſionall Diſcourſe to a Magiſtrate of this County, touching the benefits of having an honourable ſtanding maintenance for approved Phyſitians in this County, and the many ſad evills which was dayly contracted by the neglect hereof, and at how eaſie a charge it may be accompliſhed.

pliſhed. To inſtance the benefits. Firſt, *The ſuccour of the Poore, whoſe cryes were lowde, that there was none to help them, but they muſt live miſerably, or dye deſperately, in adventring their bodies into the hands of ſuch as had no promiſe of Gods aſſiſtance and bleſſing to practice Phyſicke, being un-called and un-fitted thereunto. And though this evill hath troubled the Common-wealth, as appeares by the Laws made againſt it, yet could it never be prevented otherwiſe, then thus, by propounding to them, how they may have adviſe of Phyſitians and Phyſicke for nothing.*

Secondly, *The good and ſafety of all*; For, *whereas it is generally believed, after once any hath made uſe of a Phyſitian, and God hath bleſſed the means with Succeſſe; that Party may with more ſecurity, rely upon the ſame Phyſitians adviſe, then upon a ſtrangers, who knows not by experience the diſpoſition of the party to Phyſicke, but onely by probable arguments. Now ſuppoſing the Country Phyſitians, which had moſt of the practice, were obliged to Regiſter all mens caſes as they were preſented to them, freely writing the perticulers of their Medicines, then may both Patient and Phyſitian that comes after him, know better how to proceed, when next occaſion is offered.*

Thirdly, *The advance of Knowledge, he being ingaged within the limit of the firſt three Yeares, to write a Booke* of the Body of Phyſicke, *which may be ſuppoſed the Summe of all his Reading and Study, which being ſtill kept, might further his Succeſſors. And if in his practice, he meet with any perticuler ſecret, he likewiſe ſhould note that for the ſame end.*

Fourthly, *The Glory of God. We ſay,* take away the Cauſe, and the Effect ceaſeth; *this is an undeniable Principle, yet ordinarily it is contradicted in the Phyſitians and Patients practice: For the Cauſe, Principall, Antecedant, Concomitant, and* ſine qua non, *is Sinne, and that in every* Diſeaſe, *this therefore in right Method ſhould firſt be removed, but it is*

laſt

laſt thought upon. How would God bleſſe the proceedings of the Phiſitian, and Sanctifie the ſickeneſſe of the Patient, if that order were made, That none (if neceſsity did non prohibit) ſhould expell a Phyſitians aſsiſtance, before the Miniſter have viſited him, except the ſicke party be a Recuſant?

To ſumme up all, Whatſoever evill were deſired to be removed, or good done that layd in the power of the Phyſitian, he being the Countries Servant, might have ſuch Rules preſcribed by the ableſt of the Benefactors, that he ſhould not tranſgreſſe to the prejudice of either ſoule or body.

And although all this were approved of, yet little hopes appeared, that theſe waſting times ſhould make up ſo conſiderable a ſumme, as this buſineſſe required: Therefore I preſented to the Juſtices (whom I took to be the Phyſitians, deputed of God for reliefe of the poor) motives of conſideration in behalfe of the indigent people, that they would but conſider how many ſad events in one Yeare happens, for want of thoſe remedies which were (by Gods Ordinance) as neceſſary to preſerve life in time of infirmity, as Meat and Drink in time of health.

This motion (though approved) yet could not be granted, becauſe the Law allowed of no Aſſeſſement for reliefe of this nature. Failing here, I reſolved to try the Friends God had given me, and ſee if they would make contribution, which might be in anſwer hereunto. And from all that I mentioned it unto, I received ſuch incouragement through their Liberallity, that I was induced to move it to the reſt of the Country, that all might have notice, and no man might be excluded that deſired to joyne aſſiſtance to this worke of Charity.

Wherefore I judge it my part to propound theſe two Caſes.

1 *I wiſh (unleſſe they reſolve to ſettle a maintenance ſtanding for County Phyſitians) that I may have the liberty (without*

out the ill will or censure of any man) to signifie to those my Relations, who have no jealousie of my proposall, That I may have what contribution they please for the poor Yearely, and I shall faithfully disburse it upon those whom they please to recommend to my care, in cases of Physicke and Chirurgery: And they will see Yearely what account I shall be able to give them, wishing from my heart, that all other Physitians would doe the like to their Relations, that so the worke may be better distributed amongst us.

2. *If they doe resolve to settle a standing allowance as is expressed, I shall give them my best furtherance and assistance in it, Thus;*

First, I consider the charge of Money, That it will be necessary to indent with one Chirurgeon at the least, binding our selves to pay him twenty pounds *per Annum*, during the time of this Contribution, for his care and pains in cases of Chyrurgery, which we shall recommend to him, giving him our assistance and advice herein; and defraying all his charge that is expended about it.

In like manner it is necessary, That we indent with an Apothecary, allowing him accordingly for making up our prescriptions, and distributing them without payment.

It is also necessary, That an other be indented with for attending those preparations which are done by the Art of Chimistry; and least people may conceive this to be needlesse: I desire to let them know, that it is absolutely necessary and convenient, because none ever practised Physicke, but he found continuall use of such Medicines, though he thought it a point of discretion to cover his practising of them from the knowledge of the Patient, which is generally affrighted with the name of a Minerall, because the unskilfull practice of many, hath occasioned this mispriſion of Chymistry. If I be not beleeved herein, let any Graduate

Artist

Artiſt charge me with a Lye. Beſides (to thoſe that know me, I ſpeak) unleſſe the Lord had ſignally inſtructed me in ſome thing of this Art, and witneſſed his approbation therein, with concurrances of his bleſſing, I ſhould (ſince the time I knew my ſelfe) never have dar'd to harbour one houres ſtuddy in theſe matters, wherein I had fayled ſo much in expence of time and money formerly: I will not ſay more herein, then may be ſatisfactory to the Contributors, that the hopefull improvement of thoſe ſcraps, which I have gathered *hic & ubique*, I ſhall bequeath into good hands for their uſe.

Againe, 'tis neceſſary that ſo much be allotted for proviſions of Dyet and Lodging, during the Cure of ſuch, whoſe Malladies require dayly attendance here in Towne.

It is convenient, that there be a Library of Phyſicke Bookes, and a ſmall Annuall ſumme for inlarging the ſame.

Theſe are the Charges, as appurtenances to the maine Disburſements of Medicines and, Maintenance of Phyſitians.

The Accompt which we have ingaged to Regiſter conſiſts of two parts. Firſt, The Accompt of the Money Received, and how it is Expended: it is done in this Forme.

Contribution of each Pariſh.
The whole ſumme of Contribution.

The Disburſements.

For Medicines, as appears by the Apothecaries Bills
To ſuch a ſicke perſon.
Payd for Lodging and Dyet of ſuch a ſicke perſon for } *Dayes*

Payd

Payd for Chyrurgeons, and Meſſengers, for Charges of Houſes and themſelves in their Viſits.

Payd for Printing, Writing, and ſending Letters, and for the Collection.

Remaining in our hands for our pains and advice to be leſſened, or augmented, as the Contributors every Yeare ſhall think fit ----

For this is our deſire mainely, that Monies be not wanting for neceſſary charges of Phyſicke, and attending it. And for our advice, we referr it to the County, when they ſee what we have done, which will deſerve more one Yeare, then another.

The ſecond Part is the Accompt of Gods bleſſing on our Endeavours towards the Poore.

If this Accompt be without fraud made legible to all mens capacities; then the mouths of falſe feares and jealouſies are ſtopped: which that they may be, I deſire the Information in the behalfe of any poor creature, be in this Forme.

A. B.

A. B. *Inhabitant of* C. *about the Age of Yeares; ſuch a Day was in this manner afflicted, contracted as is ſuppoſed, by occaſion of , or not: who was formerly of ſound Health, or otherwiſe inclineable to ſuch a Diſtemper. It continued after ſuch manner, till this time This is the Water, we referre him to your Care under God, and we promiſe for him you ſhall have an Account what Effect thoſe Meanes ſhall produce, which you direct.*

This I judge requiſite, leaſt the Country faſhion be obſerved, in ſending their Urine without further Information; ſuppoſing we ſhall know enough thereby, how, ſafely to Adminiſter Advice in all Caſes.

After the Information is Regiſtred, the Advice of the Phyſitian I promiſe to Regiſter.

It is judged, *That the Information Signed by* A. B *doth manifeſt a putrid Fever, wherefore let there be Adminiſtred after Bleeding, Firſt, A preparitory Potion; A Vomit the next Day; And then a Cordiall ſweat, as they are knowne by their Names in the* Pharmacopæa Dunelmenſis. *The Effects whereof, as it hath pleaſed God to diſpoſe, may be Read in the Catalogue of the returnes ſent from the poore Patients, to be Collected together in one Booke.*

So when the Information is Viewed, the Judgement and Adviee upon it; the Preſcriptions to the Apothecary, how they anſwer the Advice, and the Returnes what Effect ſuch advice hath produced, I hope I have acquitted the Engagement.

For the Remote Parts, as *Darneton Ward*, leaſt diſtance of Place make this Propoſall leſſe Effectuall in their behalfe; I doe promiſe to leave a Cheſt of Medicines, and imploy one thereabout, who ſhall carefully proſecute the intent of our Deſigne, with leſſe trouble then comming to *Durham*, except in caſes of difficulty.

This

This alſo I wiſh may be knowne, That two Moneths about *Midſummer*, being a Seaſon, but in extreame caſes, unfit to move the humors in the Body, I ſhall attend my Duty at the Well on *Gaterly Moore*, adjacent to this County.

This Water is of the Nature of Sweet Spawes, which partakes of Vitrioll; the Spaw at *Knaisborough* a little exceeds it in this property, and therefore is more effectuall for Gravell in the Kidnyes: but for Diſeaſes of the Female Sex, proceeding from the Spleene and Matrix; as alſo for Wormes, and all other Diſeaſes, none excepted (with due care of Phyſicke taken.) This Water hath the preheminence, (to my judgement and experience) of others in the North Parts; the Reaſon from hence is, That it partakes of the Tinne and Lead: the former Mettall is approved to be of uſe in Mens Bodies next to Gold; from the latter, it hath properties which are knowne to Phyſitians, and therefore is not ſafe for Women Conceived to meddle with it. I wiſh this neceſſary Caveat be not abuſed to ſinne

I hope the Country may be now ſatisfied, That if there be no want on their Parts of Charity, the Poore ſhall not ſuffer in loſſe of Health or Life, ſo farre as my Care and Endeavour can prevent. And ſeeing the onely ground and bothome of this undertaking (next to the approbation of God) is the good will and opinion of the Contributors, having no feare at all, that they by exceeding their Contribution with Meſſages of Patients, have purpoſe to impoveriſh me in my Actings for the Poore: Wherefore as I hope to be Inſtrumentally helpfull to them, let no Man forbeare to ſend to us in their behalfe when there ſhall be need. Theſe things premiſed, I deſire it may be Publiſhed as followeth.

THese are to signifie, That George Tonstall, and William Tonstall Residing in Durham, have undertaken to supply any Poore Person, being an Inhabitant of this County, that shall be any way infirme, with Advice and Physicke according to their best Skill, in all Cases wherein Physicke or Chirurgery is required (except in the case of common Plague) without any charge to them, from the first of April 1655. And they desire, that such Gentlemen, Free-holders, and others, who thinke fit to Contribute in this Charitable Proposall, towards the Discharge of the Physicke, and necessary Charge hereof, to subscribe their Names, and the Summe they will freely Yearely give, to be returned to us. And that they will Yearely Pay such Summes to the respective Ministers of the severall Parishes, for our Use: the

one

one moyety on the first of May; *and the other moyety on the five and twentieth of* December: *And they doe Ingage to Register their proceedings, to that end the said Contributers may receive Accompt Yearely how they discharge their Trust herein. Provided such Poore Person Inhabitant as aforesaid, that shall apply themselves unto the said* George *and* William Tonstall, *doe procure and send a Note or Certificate from any* * *three of the said Contributers, that they are of such as are intended within this Charitable Proposall.*

* It is desired when conveniency will permit, that one of them be a Minister.

The

The onely deſigne next, in proſecution hereof is, to frame a *Diſpenſatory* in ſuch a Method, that if any Perſon can but have true advice what kinde of Remedies is needfull for them to uſe, then ſhall it be ſufficient direction to mine Apothecary what to give him, without preſcribing ſuch and ſuch things in particular. And this, I hope, will be a beneficiall worke, becauſe men ptopheſſing Phyſick, ſeldome differ in Judgement concerning what is to be done, and after what manner. The Logicall rules of Art leade men together thus farre: but with what ſhall our intentions be performed, here lyes the Diſpute? For it is naturall, that he that hath made his practice with ſuch Receipts, will not yeeld to alter them upon anothers commending his. This knot will be looſed, when the *Diſpenſatory* is Viewed, with Obſervations how they tooke effect; Phyſitians then may judge of them. I wiſh them ſo much comfort, as a willing heart, to adjoyne their Receips hereto: And when all is approved on, none need differ in uſing them.

An

An Abſtract of the Poore Mans *Panacæa*, or *Pharmacopœa Dunelmenſis.*

The Rationall Method of Cure, is performed by Indication. And the ſubject of Indication,

is either { 1. *Cauſa Materialis.* } *Antecedent.*
2. *Pars affecta.* } *Continent.*
3. *Symptomata.*

1. The Materiall Cauſe being præternaturall, hath for its Indication Evacuation,

which is either of { 1. *Blood.* 2. *Humors.* 3. *Wormes.* 4. *Stone and Gravell,* 5. *Winde.* 6. *Maligne Vapors.*

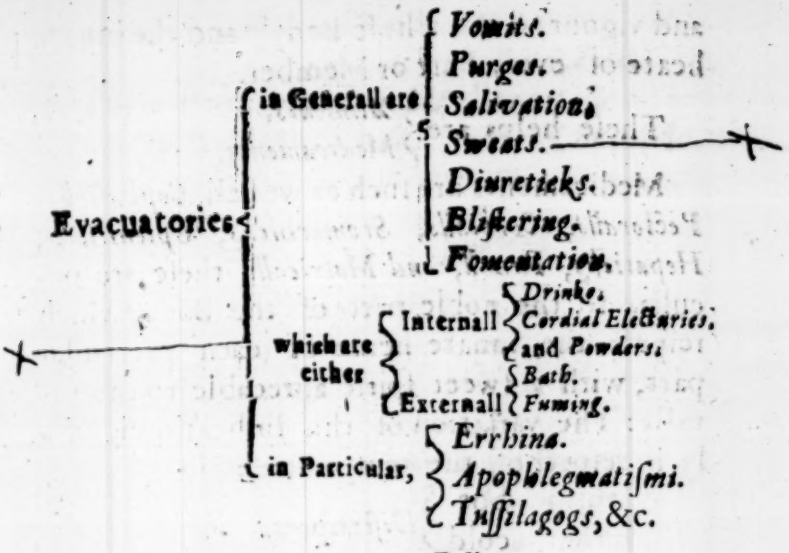
Externall accidents { *Thorns.* *Splinters.* *Dirt and gravel,* &c.

1. Blood hath its Evacuation by Lances, Leeches, &c.

2. Humors are divided ordinarily into { *Choller.* *Phlegme.* *Melancholy.* *Water.*

Theſe have their proper Evacuatories

Evᵃ



Evacuatories by Stoole are either in forme of
- *Pills.*
- *Electuaries.*
- *Potions.*
- *Powders.*

As Reason sees cause to vary.

2. The part affected: This hath for its Indication, Corroboration, which is performed by oppositon of helps *Homogeniall* to the temperament, and *Humidum radicale.* This *Humidum radicale*, consists in the influentiall heate of the Heart (which communicates its life 2.

and vigour to the whole Body) and the innate heate of every Part or Member.

These helps are { *Aliments.* / *Medicaments.*

Medicaments are such as we call, *Cephalicks*, *Pectoralls*, *Cordialls*, *Stomachicks*, *Splenitick*s, *Hepatick*s, *Renall*, *and Matricall*; these are peculiar to the noble parts of the Body, which respect the innate heate of each particular part, with a sweet spirit agreeable to the Vitalls: The variation of this Indication is onely in respect of the temperament in

hot / cold { *Distempers.*

3. *Symptoms.* These are such Effects as follow the Disease, and have for their Indication their contraries.

The common Symptome, is paine; its contrary is Anodine.

The other Symptoms are divided,

in respect of { *Spirits.* / *Blood and Humors.*

1. Spirits, as { *Want of Sense.* / *Want of Motion.* / *Watchfulnesse.* / *Drowsinesse.*

2. Blood

2. Blood, and Humors.

These are divided in respect of their { Qualities { First. / Second. } / Motion. }

1. First Qualities are { *Heat.* / *Cold.* / *Moysture.* / *Dryneſſe.* }

2. Second Qualities are { *Thinneſſe.* / *Clammineſſe.* / *Groſſeneſſe.* }

Motion, proceeding from { *the Head.* / *the Stomacke.* / *the Belly.* / *the Liver.* / *the Kidneyes.* / *the Matrix.* }

Thus the materiall Cauſe, which is the maine opponent, is diſcovered; the part affected ſtrengthened, and the Symptoms removed; which comprehend the whole Method of Cure belonging to the Phyſitian.

Now followeth Chirurgery, which is a Method performed by manuall operation upon the Body. The parts whereof

are either { *Similare.* / *Organicall.*

1. Similare are { *Bones.* / *Nerves.* / *Veines and Arteries.* / *Membrans.* / *Fleſh.*

2. Organicall are { *Head.* / *Palate.* / *Ears.* / *Eyes.* / *Noſe*, &c.

Infirmities belonging to theſe Parts, are either { *Tumors.* / *Ulcers.* / *Wounds.* / *Impoſthumes.* / *Contuſions.* / *Gangrenes.*

This

1. Tumors are
   - *Phlegmon.*
   - *Eriſipilas.*
   - *Oedema.*
   - *Schirrus.*
   - *Flatulent.*
   - *Scrophular.*
   - *Wens.*

2. Ulcers are
   - Simple. Theſe require onely Conſolidation.
   - Compound. Theſe are
     - Mild, theſe are
       - Plain.
       - finnuous are
         - Callous, as the Fiſtula
         - without callofity
     - Maligant, and corroding, theſe are
       - *Herpes.*
       - *Phagedaina.*
       - *Noema.*
       - *Cancer.*
       - *Leproſie.*

3. *Wounds.*
4. *Impoſthums.*
5. *Contuſions.*
6. *Gangrens*, vary according to the diviſion of the Parts.

The Remedies anſwerable to all Indications in Phyſicke and Chyrurgery, ſhall (God willing)

willing) be fitly Composed and Annexed to every branch of Indication, expreſſed in this Abſtract. Therefore when the *Pharmacopœa Dunelmenſis* is Compiled, you may ſee our buſineſſe is little more, then to give advice.

This Commodity alſo will ariſe, That if the Contribution will amount to no more then will finde the Poore with all Medicines neceſſary for Phyſicke or Chyrurgery; then may they have Advice *gratis* from any Artiſt, having ſuch Remedies for their uſe in all Caſes, as ſhall be Publiſhed.

FINIS.